

# AMERICAN COLLEGE OF NURSE-MIDWIVES STUDENT NEWSLETTER

Hello Students,

Welcome to the ACNM Student Newsletter! These quarterly newsletters compile events and student-oriented topics. If you have something you would like to share, suggest a topic, or nominate a student for the Student Corner, please contact the newsletter editor, Yuliya Labko, MSN, CNM at [ylabko@gmail.com](mailto:ylabko@gmail.com), the Student Representative to the Board of Directors, Dede Horvath at [dhorva@emory.edu](mailto:dhorva@emory.edu), or your student liaison.

## Events

### **Student and New Midwives Section Webinar**

Join the SANMS Student and New Midwives webinar on April 28th, 2016 at 8 pm EST to discuss the transition from student to new midwife life. The webinar will provide resources for licensing and exam prep and include topics such as expanded practice certifications, tips on finding a job, how to stay up to date and support during the transition.

### **ACNM 61st Annual Meeting and Exhibition**

Don't forget to register for the 61st Annual Meeting and Exhibition in Albuquerque, NM May 21-26, 2016! Check out the meeting schedule, lodging and travel tips, and student centered events at <http://www.midwife.org/AM2016-StudentAttendees>

### **Employment and Student to Midwife Transition**

The transition from a student midwife to a midwife is no easy feat! Emotional and role changes occur along with anxiety about job searching. In addition to the upcoming webinar, here are some resources to help you know you are not alone in this transition and a few tips for job searching.

### **ACNM Blog**

Check out the ACNM Blog "The Latent Phase." This wonderful resource is penned by a fellow new midwife, Stephanie Tillman, CNM and explores varying topics of becoming a new midwife. From job searching, to accepting a position, to understanding AMCB certification and licensure; it is a great resource all around!

### **Where Should I Work?**

Understand your practice environment! Check out ACNM State Practice Environment resources at <http://www.midwife.org/Understanding-State-Practice-Environments>

### **ACNM Midwife Jobs Page**

Browse posted positions and design a profile, complete with a resume, to attract potential employers. Check it out [http://www.midwife.org/REDESIGN-MidwifeJobs.com\\_Start](http://www.midwife.org/REDESIGN-MidwifeJobs.com_Start)

### **Contact Employers**

Do you have specific practices you would love to be a part of? Don't be afraid to reach out personally, network, and inquire about any openings!

### **ACNM Student Facebook Page**

From time to time, employers and practices advertise position and fellowship openings. Check it out and join in on the conversation!

### **Commercial Job Search Engines**

Examples: [www.indeed.com](http://www.indeed.com) ; [www.glassdoor.com](http://www.glassdoor.com) ; [www.simplyhired.com](http://www.simplyhired.com)

# What is ACNM doing for you?

## **Government Affairs Committee and the Midwives-Political Action Committee**

Students are crucial to our legislative and advocacy efforts! The energy and enthusiasm of students is contagious, and legislators love hearing from constituent student midwives. There are lots of opportunities for students to become involved with the work of the Government Affairs Committee and the Midwives-Political Action Committee, and/or to participate in grassroots efforts locally in their hometowns or with their local ACNM affiliates. This work is crucial to the ongoing advancement of women's healthcare and the profession of midwifery. First, some background information:

The Government Affairs Committee (GAC) works with ACNM's lobbyist, Patrick Cooney, and the ACNM national office staff, especially Jesse Bushman, ACNM Director of Advocacy and Government Affairs, to assist ACNM members and supporters in lobbying at the state and federal level in support of midwifery-friendly legislation. Patrick and Jesse work directly with congresspeople on Capitol Hill to educate them about midwifery and to ask them to sponsor our priority legislation.

The Midwives-Political Action Committee (PAC) is the fundraising arm for these legislative efforts. By law, ACNM member dues cannot be used to support legislative advocacy. So, the PAC fundraises and that money is used for campaign donations and to sponsor events for targeted legislators - those who have historically supported women's health initiatives and/or those who may be crucial in sponsoring pending legislation. The Midwives-PAC raises funds primarily from three sources - the Midwives-PAC Rally at the annual meeting, donations from midwives, and Midwives-PAC donations from affiliates.

Currently, we are focusing our efforts on the "Improving Access to Maternity Care Act" (<http://www.midwife.org/Improving-Access-to-Maternity-Care-Act-of-2014>), which has bipartisan support and would require the Health Resources and Services Administration to identify areas of the country with a shortage of maternity care providers. Information about other federal legislation, and general info about grassroots advocacy, can be found here: <http://www.midwife.org/Grassroots-Advocacy>. At this link you can sign up to receive email Action Alerts via ACNM's Grassroots Action Center.

## **Opportunities for Student Involvement**

Annual meeting activities: Student volunteers always needed for the Midwives-PAC Rally and the GAC and Midwives-PAC booths! Please contact Emily Yeast at [emily.z.yeast@gmail.com](mailto:emily.z.yeast@gmail.com) if you will be in Albuquerque and would like to help out!

Attend local affiliate meetings and make contact with the Affiliate Legislative Leader - this individual has up to date information about local/state legislative happenings and ways you can get involved.

## **Become a Student Legislative Contact (SLC)**

- We can have one (or more!) from each midwifery program
- Use email listserv and quarterly conference calls to stay updated on GAC legislative efforts and Midwives-PAC fundraising activities
- Easy and fun! More info: <http://www.midwife.org/GAC-and-Midwives-PAC-School-Legislative-Contacts>

To become more involved in committee activities, consider applying to be a Student Representative (4 positions)

- Voting member of GAC or Midwives-PAC
- Term is annual meeting to annual meeting
- Applications taken each spring. Must be ACNM member.
- More info: <http://www.midwife.org/GAC-and-PAC-Student-Representative-Job-Description>

# Student Corner

Stephanie Estes, MSN, RN, CPN, is a public health nurse and student nurse midwife completing the combined Public Health Nursing and Midwifery program at the Johns Hopkins School of Nursing and Shenandoah University School of Nursing. Stephanie is in the antepartum portion of her midwifery education, and will advance to intrapartum and integration thereafter. For the past two years, she has volunteered with the Baltimore Needle Exchange Program (BNEP) in Baltimore City, Maryland.

## **What is the BNEP?**

The program serves people who inject drugs (PWID) from Baltimore City and surrounding counties. It operates out of converted recreational vehicles that travel to fixed sites around the city providing clean syringes, alcohol wipes, “cookers,” cotton filters, and sterile water in exchange for used syringes. The goal of the program is to reduce transmission of HIV and Hepatitis C in this population. They also distribute Naloxone, which is the antidote for opioid overdose, and connect interested clients to centers providing methadone maintenance. Another issue addressed by the program is skin and soft tissue injuries (SSTIs). Injection drug users have an increased rate of ER use as compared to the general population, with SSTIs being the most common cause of hospitalization.

## **What inspired you to volunteer for an organization such as the BNEP?**

I earned my BSN at the University of Colorado in Denver, and unfortunately a lot of my good friends got swept up in the opioid epidemic out there. I didn't know what to do, as a nurse or as a friend, as I watched people around me struggle with addiction. My first semester at Hopkins I discovered the BNEP. There are an estimated 12,000 – 19,000 intravenous drug users in Baltimore City, and this number is likely growing based on the increasing number of deaths due to opioid overdose. The Baltimore City Health Department approaches addiction as a health problem rather than a legal problem, and they support harm reduction services such as the BNEP. This really resonated with me, and getting involved helped to alleviate some of the powerlessness I had experienced in Denver.

## **What type of tasks do you perform while volunteering?**

I began to volunteer as a wound care nurse in September 2014. In 2015, following an assessment of the wound care program for a public health nursing course, I researched and wrote an evidenced-based protocol for care of SSTIs in PWID in an outpatient setting. While waiting for the new protocol to be approved, I have begun volunteering as an assistant to reproductive healthcare providers—OBGYNs, WHNPs and CNMs—who operate out of the BNEP van at select needle exchange sites. The providers offer free women's healthcare, contraception, and STI testing and treatment to clients of the needle exchange and other uninsured women, many of whom are sex workers in great need of reproductive healthcare.

## **How do you think this work relates to your midwifery education?**

I am completing my antepartum clinical rotation at the Center for Addiction in Pregnancy (CAP) at Johns Hopkins Hospital Bayview Campus. The site provides comprehensive addiction and pregnancy services to both outpatient and residential clients. The women are treated with compassion and respect for their unique situations. Many of the clients are victims of trauma, abuse, and homelessness, and it is recognized that all of these factors must be addressed to ensure a healthy outcome for mom and baby.

## **How will you use your experience and training to advance midwifery?**

There is a great need for respectful, high-quality healthcare in this population. As midwives, we have a responsibility to care for all women, not just those whose life choices align carefully with our own. Often, it is these women who have the most to gain from the compassionate care of a midwife. It was recently announced at the Maryland Mortality Review conference that opioid overdose is one of the most frequent causes of maternal death in Maryland—with many overdoses happening soon after the 6-week postpartum visit. Pregnancy represents a unique opportunity in that women are motivated to overcome addiction and they are already connected to the healthcare system. As providers we must use this opportunity to connect women to the supportive services they need to flourish as the caring, loving parents they desire to be.